



Ostomy Association of the Houston Area

AFFILIATED SUPPORT GROUP

“We help ourselves by helping others to help themselves.”

We are a volunteer-based organization dedicated to providing education, information, support and advocacy for people who have had or will have intestinal or urinary diversions.

P.O. Box 25164
Houston, TX 77265-5164
www.ostomyhouston.org



Join UOAA National Memberships

www.ostomy.org/membership



As a National Member of UOAA, you are helping us to achieve our goal to support, educate, empower and advocate for people who have or will have ostomy or continent diversion surgery. By joining UOAA, you will also help increase the influence and voice the ostomy community has on a national level.

You can join annually as a National Individual Member or as a National Medical Professional Member.

As a UOAA member you will receive a packet of our educational resources, national membership and stoma rose pins, be the first to receive any new publications, and can be nominated to be elected to UOAA's Board of Directors. You will also receive a special promotion code to subscribe to *The Phoenix* magazine at a discounted rate.



For more information and annual membership fee visit www.ostomy.org/membership and help UOAA support the next generation of ostomates.

Get Ostomy Answers!

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Subscriptions directly fund the nonprofit United Ostomy Assoc. of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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Payable to: The Phoenix magazine, P.O. 15755, North Hollywood, CA 91615

* Based on \$12.95 cover price. Canadian subscriptions: \$29.95 one-year. U.S. funds only.

We are a health support group, a non-profit, tax-exempt, organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and to their families. We are a Texas non-profit corporation. Membership fees and donations are tax deductible.

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Clear Lake Group

Date: Monday, December 23, 2024
Time: 6:30 p.m. (also available WebEx)
Place: In Person Meeting: Room AD1026 near Starbucks
 HCA Healthcare Clear Lake,
 500 Medical Center Blvd., Webster, TX 77598
Contact: RSVP: Colorectal Coordinator 281-381-3619 or
CLRHoncology@HCAHealthcare.com

Northwest Group

Date: Wednesday, December 18, 2024
Time: 7:00 p.m.
Place: In-Person Meeting:
 Montgomery County South Regional Library,
 2101 Lake Robbins Dr., The Woodlands, TX, 77380
Contact: Mary Kinsey, BSN, RN, CWON
 936-443-2565 mkinsey815@gmail.com

North Houston Group

Date: Tuesday, December 10, 2024
Time: 12:00 p.m.
Place: In-Person Meeting
 Memorial Hermann Greater Heights Hospital,
 Medical Plaza 2, Suite 234 (second entrance)
 1740 W. 27th St., Houston, TX 77008
Contact: Ericka Pitman, RN, WCC, OMS 346-263-9658
ericka.spence@memorialhermann.org
 Mary Kinsey, BSN, RN, CWON
 936-443-2565 mkinsey815@gmail.com

Sugar Land Group

Date: Thursday, December 12, 2024
Time: 5:30–7:00 p.m. Please RSVP!
Place: In Person
Program: **Holiday Party**
Contact: Jennifer Cerda, MSN, RN, OCN, Nurse Navigator,
 346-901-2012 jcerda@houstonmethodist.org

Woodlands Pediatric Group

Date: Wednesday, December 18, 2024
Time: NEW TIME 6:00–7:00 p.m.
Place: In-Person Meeting:
 Montgomery County South Regional Library,
 2101 Lake Robbins Dr., The Woodlands, TX, 77380
Contact: Mary Kinsey, BSN, RN, CWON
 936-443-2565 mkinsey815@gmail.com.

J-Pouch

For J Pouch questions, attend any of our group meetings, or call or text Ron Meisinger at 281-491-8220



Mary Kinsey manned a table on behalf of the OAHA at the 2024 Get Your Rear In Gear event on November 10, 2024.



Sugar Land Group News

Our next meeting will be in person with our support groups combined on December 12th for our annual Holiday Celebration. If you wish to attend, please RSVP to Yolanda Lopez. Contact email is on the flyer on page 6. Spots are filling up fast.

Next year, our meetings will continue to be held virtually on the third Thursday of each month.


Ostomy Outpatient Clinics

Memorial Hermann – Greater Heights BY APPOINTMENT
 Call 713-867-2432

Memorial Hermann – Northeast FRIDAY AFTERNOONS, BY APPOINTMENT
 Call 281-540-6322 or fax a referral to 281-540-7107.

Memorial Hermann Rehabilitation Hospital – Katy BY APPOINTMENT
 Contact Kim Dewitt, Clinic Manager
kim.dewitt@memorialhermann.org 281-579-5541

Memorial Hermann – The Woodlands BY APPOINTMENT
 Contact Stephanie Wilkins 281-602-4830 or fax 281-602-4849



The **United Ostomy Associations of America (UOAA)** can be contacted at:
www.ostomy.org or **800-826-0826**

Outpatient Ostomy Services Locator

UOAA is excited to announce the completion of a two-year advocacy project with the unveiling of a new resource, the first-ever online locator to improve access to ostomy care. This new directory of outpatient ostomy services allows medical professionals, patients and caregivers to locate outpatient ostomy care near their specified geographical area. Nowhere else can the ostomy community find this type of user-friendly comprehensive list.

This project, led by UOAA Advocacy Manager Jeanine Gleba, would not have been realized without many certified ostomy nurses responding to the call to contribute their facilities to our database and the tireless hours of passionate volunteers who assisted her (listed at right). In particular, with deep appreciation Jeanine would like to acknowledge the following people from this project who helped her with the facility research and/or tested the locator software:

Joanna Burgess-Stocks, RN, BSN, CWOCN, Stanley Cooper, Nathan Hadlock, Joy Hooper, RN, BSN, CWOCN, OMS, WCC, Laura Kaiser, APRN, A-CNS-BC CWOCN, Dr. Edward Loftspring, Keagan Lynggard-Hysell, Ellyn Mantell, Susan Mueller, BSN, Chris Mullen, Cheryl Ory, RN, BSN, Amie Leigh Reece, Ival Seacrest, Todd Sheldon, Lynn Wolfson

Find Outpatient Ostomy Services Near You!

Link to the search page:

<https://www.ostomy.org/outpatient-ostomy-services-locator/>

To help ensure ostomates receive continuous care following stoma creation and/or revision surgery, UOAA has developed the first-ever “Locator” to improve access to care. Some practices/clinics only see patients who had their surgery in their acute care facility. Some require a referral. Generally, there are guidelines for each facility and they are subject to change over time.

Search for outpatient ostomy services by city, state, or zip code. Along with the name and address, if additional information was provided or visibly public on a listings’s website such as hours of operation, it will be shown with the listing. This is not an all-inclusive list.



Disclaimer: The information contained within this newsletter is presented expressly for informational purposes only and may not be applicable to everyone. It should not be substituted for professional medical care or attention by a qualified practitioner. Always check with your doctor if you have any questions or concerns about your condition.

Osto Group www.ostogroup.org

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UOAA Advocacy News

By Jeanine Gleba, UOAA Advocacy Manager

YOU Helped UOAA Answer the Question: What is the impact of non-medical switching on the ostomy community?

“It took me a while to find the right product in the beginning and to suddenly have the product switched was a real problem with skin irritation and quality of the devices.”

For several years UOAA has been advocating to stop the practice of non-medical switching of ostomy supplies. In 2024 we conducted a study to gain a better understanding of the landscape of the issue for the ostomy community. Non-medical switching (NMS) occurs when health insurers and/or suppliers substitute the products of a stable ostomate to alternative products, for non-medical reasons typically on the basis of cost. Almost half of the respondents experienced some form of switching and for those it was overwhelmingly a very frustrating experience for 83% of respondents. Ninety-eight percent also believe that they and their healthcare provider should be a part of any medical decision that will impact their health. All of the important findings have been released in this report. More importantly, you can help us stop this practice from happening by following the tips provided in this new tool created by UOAA's Advocacy Committee. UOAA will also continue to advocate and raise awareness about this issue in 2025. Together we will make it known that this is wrong and should not be done to people who need ostomy supplies just like it is wrong to switch medications!

HOW NON-MEDICAL SWITCHING OF SUPPLIES HARMS OSTOMY PATIENTS!

MENTAL HEALTH WELL-BEING

Respondents admitted that the switch left them feeling:

Frustrated	83%
Anxious	50%
Helpless	28%
Confused	24%
Fearful	19%
Other	18%

(15 out of 22 open-ended responses were angry or "pissed off")

"Most frustrating experience of my life."

Non-medical switching (NMS) occurs when health insurers or suppliers substitute the products of a stable ostomate to alternative products, for non-medical reasons typically on the basis of cost.

Almost half (50%) of respondents in a national study* experienced non-medical switching!

For those who experienced non-medical switching, the study shows the huge impact it has on patients lives including:

"Nobody except for my physician and I should make decisions regarding any of my health care."

MEDICAL CONSEQUENCES

Responded that their ostomy care has been negatively impacted by NMS, which included the need to visit an MD or the emergency room

64%

Experienced a medical complication from the new product(s) they were switched to

25%

OVERALL QUALITY OF LIFE

Over 50% of respondents experienced a disruption in quality of life

FINANCIAL BURDEN

56%

of patients who experienced NMS had increases in health care costs and out-of-pocket expenses

The practice of non-medical switching, whether it affects one patient or thousands, is wrong and can result in negative consequences. We need to advocate that it stops.

*Findings are from a 2024 national online survey of 150 patients who experienced non-medical switching out of more than 300 respondents.

DON'T SWITCH ME!

Stop Non-Medical Switching of Ostomy Supplies

SPRING BRANCH MEDICAL SUPPLY
PULMONARY ASSISTANCE INCORPORATED

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GET THE LATEST INFORMATION AND INSPIRATION
AT THE UOAA WEBSITE

<https://www.ostomy.org/news/>

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the difference
between asking for help
and doing it yourself

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PM-11979 07.20



Open to cancer survivors and caregivers in the community.
Seating is limited. RSVP Soon.

Thursday, Dec. 12, 2024 | 5:30 – 7:00pm

Houston Methodist Sugar Land
Brazos Conference Rooms ABCD
16655 Southwest Freeway

Holiday Music * Food * Bingo
***Socialization**

To RSVP, contact Yolanda Lopez:

ylopez2@houstonmethodist.org

Please note that email is not secure means to communicate confidential or health-related information, including Social Security number, date of birth, financial information, etc.



PARTICIPANTS NEEDED

**RICE360
INSTITUTE FOR
GLOBAL HEALTH
TECHNOLOGIES**



**TOUCH AND FEEL STUDY:
DESIGN CONCEPTS FOR
COLOSTOMY POUCH**

**COMPENSATION: \$50 & PARKING
VALIDATION
TIME: 1HR**

WHAT

- **PARTICIPANTS WILL COMPLETE AN INTERVIEW TO PROVIDE FEEDBACK ON OSTOMY BAG DESIGNS**

WHO

- **YOU MUST BE 18 YEARS OF AGE OR OLDER, CURRENTLY HAVE A STOMA OR HAD ONE IN THE PAST**

WHY

- **INSIGHT FROM THIS INTERVIEW WILL HELP RICE360 DEVELOP A FUNCTIONAL AND AFFORDABLE OSTOMY BAG DESIGN TO OFFER TO THE OSTOMY COMMUNITY**

This research study does not involve patients, medications, or any other type of hazard. This research study has been reviewed and approved by Rice University Institutional Review Board. If you have concerns regarding this study or questions regarding your rights as a study participant, please contact the Rice IRB Compliance Administrator at Rice University. Email: irb@rice.edu or Telephone: 713-348-358 .

**SCAN QR CODE FOR MORE
INFORMATION**



Contact

colostomates@rice.edu





Ostomy support group monthly meetings at HCA Healthcare Clear Lake

An ostomy support group for patients and their caregivers meet on the fourth Monday of every month in room AD1026 at HCA Healthcare Hospital. The meetings will feature guest speakers who share information and offer insights with the group. There will also be roundtable discussions.

Location: AD 1026, near Starbucks **Date:**
4th Monday of every Month **Time:** 6:30
p.m.

Meetings are also available via WebEx

For additional information or to RSVP, please contact the colorectal coordinator at our facility. Call or Text:
281-381-3619 or email: CLRHoncology@HCAHealthcare.com

HCA Houston Healthcare Clear Lake
500 Medical Center Blvd Webster, TX
77598
(281) 332-2511
www.hcahoustonhealthcare.com/locations/clear-lake/specialties/wound-care

HCA  **Houston Healthcare**
Clear Lake

Virtual Ostomy Clinic

Whether it's a colostomy, ileostomy or urostomy, a new ostomate learning to care for their stoma or an existing ostomate grappling with new complications, the journey can be overwhelming. UOAA's Virtual Ostomy Clinic provided by The Wound Company offers support through telehealth visits and ongoing touchpoints via texting and emailing to make sure ostomates have the right supplies for their unique situation and thoroughly understand how to care for their ostomy.

- * Assess a person's ostomy in one comprehensive telehealth assessment by Zoom in the beginning of the 30-day period
- * Assist ostomates and their caregivers in choosing supplies and recommend pouching options that fit the person's lifestyle and health goals
- * Help ostomates and their caregivers prevent and manage skin irritation, rashes, and other complications around the ostomate's stoma.
- * Answer ostomy questions from ostomates over email or SMS for the 30-day program.
- * Provide personalized education, care, and support throughout the program, including tips on diet, nutrition, hydration and intimacy.
- * Follow up with one additional comprehensive telehealth assessment during the program when necessary.
- * Provide a summary of the assessment and recommendations for ongoing care after each telehealth assessment.

[Learn more about UOAA's Virtual Ostomy Clinic](#)

WOC Nurse Directory

Cindy Barefield, RN, CWOCN (281) 428-3033
Houston Methodist Baytown Hospital
cbarefield@houstonmethodist.org

Pat Thompson RN, BSN, CWON (281) 397-2799
Patricia.Thompson6@hcahealthcare.com

Kinsey Ostomy Care
info@kinseyostomycare.com

Amanda Dominguez, BSN, RN, CWOCN (202) 742-WOCN
Brazos Valley Ostomy & Wellness, PLLC
www.BVOstomyandWellness.com

Virtual Ostomy Clinic

Ostomies change bodies and lives. People living with an ostomy need personalized suggestions and ongoing support from medical experts who really understand ostomies. In the healthcare system today, too many ostomates do not have the regular access to a certified ostomy nurse they need for a successful health journey. This is why UOAA has partnered with The Wound Company—to bring certified ostomy nurses to ostomates and their caregivers across the United States virtually. **For a one-time direct payment of \$125**, The Wound Company's certified ostomy nurses provide people with personalized support via Zoom, text SMS and email for 30 days—in the privacy of their own home.

[Get Started Here!](#)

Donating Ostomy Supplies?

Here are a few options if you would like to donate ostomy supplies. These non-profit organizations are all volunteer run.

Local Community Ostomy Donation Closet 1740 W. 27th St., Suite 234, Houston, Texas, 77008. Open by appointment for donation drop off or pickup Monday through Friday 9:00 a.m. - 3:00 p.m. Please call or text Ericka Pitman, RN, WCC, OMS 346-263-9658, or contact Mary Kinsey, BSN, RN, CWON, 936-443-2565 to arrange access.

Medical Bridges: they collect medical supplies locally. On their website, click the Get Involved link and then the donate supplies link. It provides you with various options. <https://www.medicalbridges.org/>

Friends of Ostomates USA: provides ostomy supplies and educational resources at no cost to ostomates in need around the world. Their warehouse is located in Louisville, KY. Please go to their website for details: <https://www.fowusa.org/>

Kindred Box: is dedicated to improving the lives of people with ostomies and they distribute donated ostomy supplies to support the care of uninsured and underinsured ostomates in America struggling with financial hardship. Go to <https://www.kindredbox.org/> and find out what ostomy products they can accept and to learn about their Postage Program which helps with your shipping expenses. The Kindred Box is located at 4653 Nall Rd., Suite F12, Farmers Branch, TX 75244.

More options can be found on the UOAA's website: <https://www.ostomy.org/donate-ostomy-supplies/>

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Reference: 1. Lessons Learned About Peristomal Skin Complications: Secondary Analysis of the ADVOCATE Trial. Salvadarena, Ginger, Colwell, Janice C.; Skountrianos, George; Pittman, Joyce.
 2. Maria Teresa Szewczyk, MD, PhD; Grazyna Majewska, RN, ETN; Mary V. Cabral, MS, FNP-BC, CWOCN-AP; and Karin H. Izel-Plontek, RN; The Effects of Using a Moldable Skin Barrier on Peristomal Skin Condition in Persons with an Ostomy: Results of a Prospective, Observational, Multinational Study. Ostomy Wound Management 2014;60(12):16-26.
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Our me+™ program provides ostomy education, resources and support to help you keep your skin healthy.

Scan the QR code to learn more, visit www.mepluscare.com or contact our me+™ team at 1-800-422-8811